



## Regaining Perspective

### Healthy Food, Comorbidities, and COVID

Colin Todhunter writes in the U.K.'s Off-Guardian:

“A Western-style diet is characterized by highly processed and refined foods with high contents of sugars, salt, and fat and protein from [I would add “factory-farmed, grain-fed”] red meat. It is a major contributor to metabolic disturbances and the development of obesity-related diseases, including type 2 diabetes, hypertension and cardiovascular disease – the top comorbidities where ‘COVID deaths’ are concerned.

“But it goes beyond that because a lot of the health-related problems we see can also be traced back to modern farming methods and how food is cultivated, not least the toxic agrochemicals used. Michael McCarthy, writer and naturalist, says that three generations of industrialized farming with a vast tide of poisons pouring over the land year after year after year since the end of the Second World War is the true price of pesticide-based agriculture, which society has for so long blithely accepted.”

Read more: <https://orgcns.org/3xhHuKx>

### Key Articles on Origins of COVID-19, Gain-of-Function Research, and Biolabs

Bioweapons, Virus, and COVID expert Shamon Murray of US Right to Know writes:

“Here is a reading list about what is known and not known about the origins of SARS-CoV-2, accidents and leaks at biosafety and biowarfare laboratories, and the health risks of gain-of-function (GOF) research, which aims to increase the host range, transmissibility, infectivity or pathogenicity of potential pandemic pathogens.”

Read more: <https://orgcns.org/3axJm8N>

### From the OCA Archives: The Next Stage of Organic Food and Farming

As I wrote 5 years ago: “A growing corps of organic, climate, environmental, social justice and peace activists are promoting a new world-changing paradigm that can potentially save us from global catastrophe. The name of this new paradigm and movement is regenerative agriculture, or more precisely regenerative food, farming and land use.

“Regenerative agriculture puts a central focus on improving soil health and fertility (recarbonizing the soil), increasing biodiversity, and qualitatively enhancing forest health, animal welfare, food nutrition and rural (especially small farmer) prosperity.

“The basic menu for a Regeneration Revolution is to unite the world’s 3 billion rural farmers, ranchers and herders with several billion health, environmental and justice-minded consumers to overturn “business as usual” and embark on a global campaign of cooperation, solidarity and regeneration.”

Read more: <https://orgcns.org/3Qc9FC7>

### Ancient Wisdom

In today’s world, many of the things that we call “food” are more like poison. As the website Healthy Hildegard (named for an ancient healer of the 12th Century, Hildegard of Bingen) points out:

“Hippocrates, the father of modern medicine, declared ‘let food be thy medicine, and medicine be thy food.’ The concept of food as medicine is ancient. For good reason. What we put into our bodies is the first and most significant part of our overall health and well-being. The relationship between food and health was an essential – and easily observable, part of every healing tradition... “Modern medicine has brought with it a tendency toward addressing the symptoms and not the underlying causes of the disease or illness. The drugs often work in a way that allows for the underlying causes to go unchanged. If you have a diet heavy in sugar and processed foods, chances are you will eventually get one or more of those lifestyle diseases. But drug companies can offer a variety of medicines to control or slow the damage. Normally this would be great. But the problem is that the appeal of the quick fix of drugs is just like the appeal of fast and processed food for nutrition. They both miss the importance of food as medicine in terms of prevention and treatment.”

Read more: <https://orgcns.org/3NSiT4l>

### Gates, Fauci, and Daszak Charged with Genocide in Court Filing

Now that the official narrative on the origins, nature, virulence, prevention, and treatment of COVID-19 is crumbling, charges have been filed in Europe at the International Criminal Court in The Hague As the Desert Review, a California newspaper reports:

“In a stunning 46-page legal filing to the International Criminal Court on December 6, an intrepid attorney and seven applicants accused Anthony Fauci, Peter Daszak, Melinda Gates, William Gates III, and twelve others of numerous violations of the Nuremberg Code.”

Read more: <https://orgcns.org/3Mg2UM8>

### Big Agribusiness is Driving the World Food Crisis

From the newsletter Naked Capitalism:

“Sustainable solutions to the food crisis already exist, but they need more support. According to a report by the Action Group on Erosion, Technology and Concentration (ETC Group), ‘Who Will Feed Us?’, small-scale producers provide food to 70% of the world, while using only 25% of the resources.

“Instead of fueling the food crisis by serving the interests of agribusiness corporations, governments and public development banks should support projects based on the agroecology model.”

Read more: <https://orgcns.org/3Q25I2s>

WRITTEN BY RONNIE CUMMINS AND ALEXIS BADEN-MAYER

• SUBSCRIBE: [ORGANICCONSUMERS.ORG/ORGANICBYTES](https://organicconsumers.org/organicbytes) • DONATE: <https://orgcns.org/3K1WPTE> •